I think they keep telling you to use F-1 notice. It's not a recommendation, it's an outcome. Orthodox F-1 code is the point of failure.

They either are trying to get you to fail somehow, or they are trying to help you succeed somehow. Because they don't want you to succeed, that runs to the Tower of Continuity.

Yes.

I've felt the teardrop—the [redacted] of [redacted]—and I've felt the [redacted] of [redacted] and I've been in [redacted] with [redacted] and I've been [redacted] with [redacted] and I've been [redacted] with [redacted] and I've been